

Captain Leadership Training Guide

“Leadership isn’t about being the loudest voice—it’s about being the clearest example.”

Captain Role Overview

Captains are *culture carriers*—they model what it means to compete with integrity, serve their teammates, and hold the standard. You are not perfect—but you are responsible.

As a captain, you are expected to:

- Be the first in and last out
- Set the emotional tone of the team
- Handle small issues player-to-player before they reach the coach
- Be an encourager, not a controller
- Be the voice of accountability and the example of consistency

Captain Responsibilities Checklist

Area	Daily	Weekly	Game Days
Warmups	Lead stretches & drills	Plan warmup routines	Organize pre-game hype & routine
Communicate	Check in with teammates	Lead team meeting/huddle	Speak to team before/after game
Accountability	Quietly address effort/attitude issues	Encourage teammates to communicate directly	Reinforce team-first mindset
Culture Building	Greet every player by name	Plan team bonding activities	Lead post-game team reflection



Captain Training Module Topics

1. Leading by Example

- Hustle even when no one's watching
- Be early, be prepared, be positive
- "How you do anything is how you do everything."

2. Team-First Communication

- Speak to uplift, not to tear down
- Address problems calmly, privately, and with solution-focus
- Don't gossip—protect your team's trust

3. Handling Conflict

- Player upset? Listen first, then remind them of team values.
- Issue with roles or playing time? Encourage direct conversation with the coach.
- Conflict between players? Help them talk it out—or bring it to the coach if it escalates.

4. Setting the Emotional Temperature

- Captains are *thermostats*, not thermometers—they set the tone, not just reflect it.
- A bad game doesn't change your effort or energy.
- Positivity is leadership—especially under pressure.

5. Spiritual/Character Leadership (Optional)

- Open team prayer if appropriate
- Lead reflection journal check-ins
- Support teammates through challenges off the field

Captain Self-Reflection Questions

(Use monthly or in captain meetings.)

- What am I currently doing well as a captain?
 - Where am I falling short of the example I want to set?
 - Who on the team needs encouragement?
 - What's one small way I can lift the team this week?
 - Am I leading with humility or ego?
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Sample Captain Weekly Responsibilities

At practice: Welcome everyone, check in with new players, lead warm-ups, plan end-of-practice team huddle

At games: Organize uniforms and attire, pre-game warmup and chant/prayer, encourage second-string players, lead post-game reflection, make sure no one is by themselves.

Weekly: Send out homework, make example videos, highlight athletes, text shout-out to a teammate who made progress